

# Physical Readiness Program E-GRAM

## PFA EDITION CORRECTION

### UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – January 2012

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#### What's upcoming?

New scoring system for the Elliptical and Stationary Bike: Calories will no longer be converted to a predicted 1.5 mile run score. The CFL will not be required to do anything different in PRIMs.

New Charts: New charts will replace the existing charts in OPGUIDE 5. These charts will assign a performance level for the Elliptical and Stationary Bike, based on the number of calories burned (Outstanding, Excellent, Good, Satisfactory, and Failure).

Is a retroactive BCA Medical Waiver authorized if the member was misdiagnosed by medical? ...Yes. If the member has documentation to prove they did in fact seek medical attention for unexplained weight gain prior to failing the official BCA and medical later determined that the member was eligible for a BCA medical waiver.

Does a member have to be in the LIMDU status to receive a BCA medical waiver?... No. Members may also qualify for a BCA medical waiver if:

1) There is an inability to obtain an accurate weight (e.g., leg cast) or measurement (e.g., recent surgery on an area directly involved with the measurements used to calculate BCA).

2) Member has fallen out of BCA standards within the preceding 6 months due to a medical condition or medical therapy which has been newly diagnosed, worsens in severity, or increases in dosage in that 6-month period, which is known for weight gain.

\*If the command receives a PFA ADSEP message for a member who is deployed, is the command required to ADSEP the member during deployment? ...No. The command should request a Readiness Waiver for the duration of the deployment and inform PERS-8 of the Readiness Waiver request and their intention to ADSEP upon the member's return.

### TIP OF THE MONTH!

A command Fitness Enhancement Program (FEP) and Command Physical Training (PT) should be aggressive, effective and a positive experience.